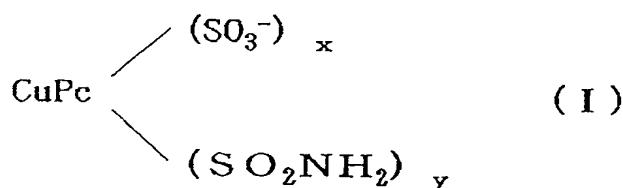


WHAT IS CLAIMED IS:

1. An aqueous ink comprising a phthalocyanine dye represented by a general formula (I) and an aqueous medium, wherein the phthalocyanine dye does not contain a component of $x + y = 2$ but at least contains components being $x + y = 3$ and $x + y = 4$, a content of the component of $x + y = 4$ is larger than a content of the component of $x + y = 3$, and the aqueous medium contains an amine compound having a vapor pressure of 0.01 mmHg or higher at 20 - 25°C:



wherein CuPc represents a copper phthalocyanine residue; x represents 1, 2, 3 or 4 and y represent 0, 1, 2 or 3.

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2. The aqueous ink according to claim 1, wherein, in a high-pressure liquid chromatography analysis at a detection wavelength of 254 nm, a peak height A of a component of $x + y = 4$ and a peak height B of a component of $x + y = 3$ satisfy a relation $A/B > 1$.

3. The aqueous ink according to claim 2,
wherein A/B is 1.5 or higher.

4. The aqueous ink according to claim 1,
5 wherein the amine compound is 2-pyrrolidone.

5. The aqueous ink according to claim 1,
further comprising a glycol having a vapor pressure
of 0.01 mmHg or higher at 20 - 25°C.

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6. The aqueous ink according to claim 5,
wherein the glycol is ethylene glycol.

7. The aqueous ink according to claim 1,
15 wherein the ink is for ink jet recording.

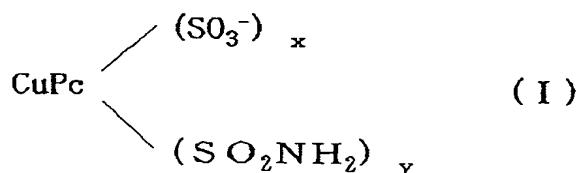
8. The aqueous ink according to claim 1,
wherein the ink has a viscosity within a range of 1
to 5 mPa·s.

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9. The aqueous ink according to claim 8,
wherein the ink has a viscosity within a range of 1
to 2.5 mPa·s.

25 10. An ink jet recording method comprising a
step of discharging an aqueous ink onto a recording
medium by an ink jet method, wherein the aqueous ink

comprises a phthalocyanine dye represented by a general formula (I) and an aqueous medium, the phthalocyanine dye does not contain a component of $x + y = 2$ but at least contains components being $x + y = 3$ and $x + y = 4$, a content of the component of $x + y = 4$ is larger than a content of the component of $x + y = 3$, and the aqueous medium contains an amine compound having a vapor pressure of 0.01 mmHg or higher at 20 - 25°C:



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wherein CuPc represents a copper phthalocyanine residue; x represents 1, 2, 3 or 4 and y represent 0, 1, 2 or 3.

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11. The ink jet recording method according to claim 10, wherein the recording medium has an ink receiving layer on a substrate.

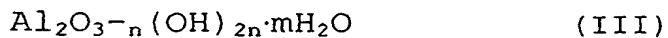
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12. The ink jet recording method according to claim 11, wherein the ink receiving layer contains a silica compound.

13. The ink jet recording method according to

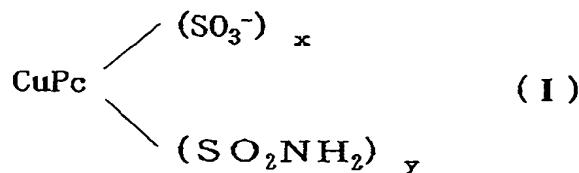
claim 11, wherein the ink receiving layer contains an alumina hydrate.

14. The ink jet recording method according to
5 claim 13, wherein the alumina hydrate is represented
by a following formula:



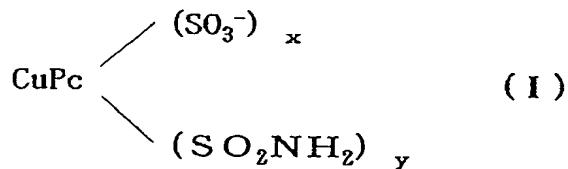
wherein n represents an integer 1, 2 or 3; m
represents a value of 0 to 10, however m and n do not
10 become 0 at the same time.

15. An ink tank comprising an ink holding
portion containing an aqueous ink, wherein the
aqueous ink comprises a phthalocyanine dye
represented by a general formula (I) and an aqueous
medium, the phthalocyanine dye does not contain a
component of $x + y = 2$ but at least contains
components of $x + y = 3$ and $x + y = 4$, a content of
the component of $x + y = 4$ is larger than a content
20 of the component of $x + y = 3$, and the aqueous medium
contains an amine compound having a vapor pressure of
0.01 mmHg or higher at 20 - 25°C:



wherein CuPc represents a copper phthalocyanine residue; x represents 1, 2, 3 or 4 and y represent 0, 1, 2 or 3.

5 16. A recording unit comprising an aqueous ink and an ink jet recording head for discharging the aqueous ink, wherein the aqueous ink comprises a phthalocyanine dye represented by a general formula (I) and an aqueous medium, the phthalocyanine dye 10 does not contain a component of $x + y = 2$ but at least contains components of $x + y = 3$ and $x + y = 4$, a content of the component of $x + y = 4$ is larger than a content of the component of $x + y = 3$, and the aqueous medium contains an amine compound having a 15 vapor pressure of 0.01 mmHg or higher at 20 - 25°C:

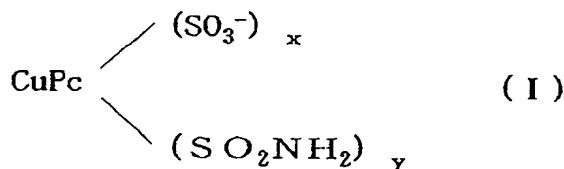


wherein CuPc represents a copper phthalocyanine residue; x represents 1, 2, 3 or 4 and y represent 0, 1, 2 or 3.

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17. An ink jet recording apparatus comprising an ink jet recording head for discharging the aqueous ink, wherein the aqueous ink comprises a

phthalocyanine dye represented by a general formula (I) and an aqueous medium, the phthalocyanine dye does not contain a component of $x + y = 2$ but at least contains components of $x + y = 3$ and $x + y = 4$, 5 a content of the component of $x + y = 4$ is larger than a content of the component of $x + y = 3$, and the aqueous medium contains an amine compound having a vapor pressure of 0.01 mmHg or higher at 20 - 25°C:



10 wherein CuPc represents a copper phthalocyanine residue; x represents 1, 2, 3 or 4 and y represent 0, 1, 2 or 3.